

The HAWC Herald

Health and Wellness Center 2690 C St, Bldg 571 (Area B) in the Wright-Field Fitness Center
Wright-Patterson AFB OH 45433-5350 Telephone: (937) 904-WELL



Wellness is an Attitude!

www.AFMCWellness.com

Make your health a priority and visit the AFMC Wellness Support Center website often. **This site is for Active Duty and DoD Civilian employees.** It is a great place to

learn, get motivated, and stay focused on your health & wellness goals. It features online tools that will connect you to resources in all wellness dimensions including physical, social, emotional, and spiritual. The updated incentive program for FY13 offers recognition and prizes to participants who earn points from classes and screenings, completing a health risk appraisal (HRA), and logging their fitness activities.

Check it out today!

Complete your HRA in 4 easy steps!

(DoD Civilians & Active Duty Military)

Step 1: Go to www.AFMCWellness.com - choose Civilian or AD.

Step 2: Log on with your user ID and password (if you have forgotten, click on "Forgot ID/Password"). **If this is your first visit please "Create an Account" – you will be asked some preliminary questions and then can create by selecting your own login ID and password.*

Step 3: *Civilians* will be prompted to complete the wellness profile/HRA immediately. *AD* will need to look under the Health Assessments tab and click on "complete a wellness profile". Click on "Take the Assessment Now" and answer all of the questions (takes approximately 10 min).

Step 4: Return to the home page and print the "Wellness Profile Certificate" under the Health Assessments tab.

Incentive prize awarded upon completion - bring certificate to the CHPS office.

Since 2006, AFMC Civilians have been authorized to use up to three hours per week of duty time to pursue fitness and wellness activities. Wellness activities subject to the excused absence include those offered by: **CHPS, HAWC, EAP, and the A&FRC**. Forms are available at the CHPS office or online at the AFMC Wellness Support Center.

FREE BOD POD Body Fat Measurement

For **Tricare Beneficiaries**, BOD POD measurements are offered on Tuesday's from 0800-1200, on space available, at the Health and Wellness Center (HAWC). Please call to schedule an appt.



For **DoD Civilians**, please see CHPS schedule on page 4 for more information.

BE ACTIVE ACTIVITY INITIATIVE

Program pamphlets are available at Civilian Health Promotion Services (CHPS) and the Health and Wellness Center (HAWC).



Enrollment involves having an online account at www.AFMCWellness.com. A pop-up window should come up during enrollment to choose "yes" to participate in the initiative. You may also enroll by going to the left hand column of your homepage and click on "programs" where you will be prompted to "register in program group". Start logging exercise minutes on the activity log starting 01 APR 2013. To be eligible for the completion award, participants need to log 840 minutes (14 hours) between 01 APR-31 MAY, 2013.

The top 5 individuals at each base with the most minutes logged will receive an AFMC Travel Blanket.

Class Policy

HAWC:

Classes are open to Active Duty, Reservists, Guard, retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis. Class sizes are limited and **all classes are first come, first served.**

HAWC Herald and information located here:

<http://www.wpafb.af.mil/library/factsheets/factsheet.asp?id=9393> or
<http://www.wpafb.af.mil/units/wpmc/index.asp>

HAWC Classes



Stress Management **Apr 18/May 8/Jun 12**

12:00-13:00, HAWC

Classroom #4 Stress getting you down? Learn some new techniques to manage it. Bring your bag lunch and learn how to reduce your stress in 2013!

Practical Nutrition

Apr 15/May 6/Jun 3, 1100-1200, HAWC Classrm #3
Nutrition 101. Come learn how to nourish the body with food to provide energy and maintain health.

Lose the Body Fat

Apr 2/May 2/Jun 5, 1400-1500, HAWC Classrm #3
Are you frustrated with your attempts at dropping body fat? Do you feel like you're doing all the right things without seeing results? Don't give up. Weight management is not a calorie-counting equation. Learn tips for losing body fat!

Power-up by Eating Right

Apr 22/May 13/Jun 10, 1100-1200, HAWC Classrm #3
Come and learn how to fuel your body with fruits and vegetables to provide energy and maintain health.

Starting an Exercise Program

Apr 15/May 6/Jun 3, 0900-1000 Classroom #3
Designed for the novice, this class will help you determine which aspects of fitness training you should include in your exercise regimen to best fit your needs. Great for the Civilian Fitness Program!

Strength Training for the Beginner

Apr 22/May 13 /Jun 10, 0900-1000 Classroom #3
Learn about specific exercises that should be included in a strength training routine, along with exercise training techniques that improve strength and reduce injury.

Training the Body's Core Musculature

Apr 29/May 20/Jun 17, 0900-1000 Classroom # 3.
Learn various training methods and importance of training the body's core muscles (muscles of the trunk) for athletics and overall fitness.

Beginning Running/Marathon Nutrition Class

Apr 29/Jun 10, 1200-1400 Classroom #3

Did you see your buddies finish the AF marathon and you're now getting the itch to start training for this years event? Whether you are just starting a running program or are planning to begin training for the 2013 AF marathon, this class will help put you on the "Wright" track; Stuck on how to fuel your body correctly, come gain tips to fuel your tank efficiently to finish strong.

Tobacco Cessation

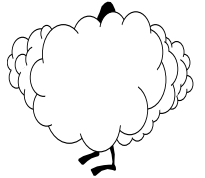
Stop smoking or chewing tobacco for good! It's never been easier to quit.

Apr 3 & 24 in HAWC Classroom #3

May 1, 15 & 29 in HAWC Classroom #3.

Jun 5 & 19 in HAWC Classroom #3

All the Tobacco Cessation classes are 1 session 1100-1300. Registration is not required, "first come, first served". Call 904-9355 (WELL) for more information or contact Jorie Hanson at 904-9362 for questions.



Classes don't fit your schedule? Call the American Lung Association quit line at 1-800-548-8252 and speak to a counselor, request a completion certificate then call Occupational Medicine at 255-4809/904-8432 for an appointment and further instructions.



Active Duty Only

How to Train for the AF PT Test

Apr 25/May 16/Jun 13, 1300-1430 Classroom #4

Special class for our military members

Worried about your lackluster fitness test score? Get ahead of the curve – don't risk the consequences of failure on the AF fitness test. Many changes may make "passing" scores harder to achieve. Learn various training methods and techniques to improve your chances of success! Come dressed and ready for lecture and practical instruction.

BE WELL Program

Every Tuesday 0830-1200, HAWC Classroom #3.

Note: **Members must** bring completed AF Form 108 to BE WELL classes.

Program includes 5-day, 2-month, 3-month, 4.5 month, AND 6-month website visits.



Duty Limiting Condition (DLC) Classes For AD members that require a 422, meet Wednesdays 0800-0900/HAWC Classroom #4.

Looking for your completed AF Form 422 or 469?

Individuals can access their profile by following the steps below:

Log onto the Air Force Portal

<https://asims.afms.mil/imr/MyIMR.aspx>

Scroll down to Featured Links box

Click on the + next to Fitness & Health

Click on Medical Readiness-Deployment Health

Click on MyIMR

Scroll down and click on AF422a or AF469 and that will allow you to view and print your own profile.

Pregnancy DLC

Apr 29/May 20/Jun 24, 0900-1030 HAWC ClassRm #3.

Mandatory for all AD members with pregnancy profile and who require an AF Form 422 that limits participation in squadron/unit PT and the AF Fitness test. Members should bring their AF Form 469 to class for review.

IAW AFI 36-2905, **PT Leaders** must have a passing fitness test score and current CPR certification before being allowed to attend and register for these fitness related courses. You will need to bring proof of current CPR with you at class time.

Unit Physical Training Leader Course

Apr 4/May 2/Jun 6, 0800-1630 HAWC Classroom #3.

This 7 hour training is for members who will be leading unit fitness sessions **NOT** for administering fitness test. **MUST** wear PT gear.

Unit PTL must attend a refresher course annually.

PTL Tester Training (class conducted by FAC)

Apr 11/May 7/Jun 25 from 0745-0930 in HAWC

Classroom #3. This course is a mandatory course for those who will be serving as test administrators for WPAFBs' official testing program, or those who will be conducting nonofficial diagnostic tests in their unit. This course teaches proper technique for push-ups, crunches, measuring abdominal circumference, AF run or walk test and tabulating the final score. This course is taught by 88 FSS FAC chief. **MUST** wear PT gear. PTL Tester must attend a refresher course annually.

UFPM Training Course Apr 11/May 7/Jun 25, 10:00-12:00 HAWC Classroom # 3.

This training is a required course for those members who will serve as their Unit fitness Program Manager (UFPM) and will train members on FA policies and metrics. **This course is taught by 88 FSS FAC chief.**

UFPM Corner

After training, new UFPMs must contact Mr. Jeff Hickel (FAC chief at 904-9399) to get access to FA scheduler and AFFMS. BRING copy of UFPM appointment letter before access can be granted.

PTL Refresher Course

Apr 18/May 23/Jun 20, 0800-1030 HAWC

Classroom#3. This fulfills annual refresher training required for PTL's. **Wear uniform of the day**

PTL Tester Refresher (class conducted by FAC)

Apr 11/May 7/Jun 25 from 0745-0930 in HAWC

Classrm #3. This fulfills annual refresher training required for PTL tester's. Wear uniform of the day



Health and Wellness Center Staff

- Michael Papio MS, RN -- Health Promotion Manager
- James Schlub Ph.D. -- Fitness Program Manager
- Heidi Greenhorn, MS, RD, LD – Dietitian
- Katy Mee, MS, RN – Health Fitness Specialist
- Jorie Hanson, BS – Health Educator



**Civilian Health
Promotion Services**
Bldg 571(B) Wright Field Fitness
Center (WFFC), Room 143
Phone: 937-904-9359
katie.doyle.ctr@wpafb.af.mil

- **Health Promotion Coordinator:** Katie Doyle, MS, CWWS
- **Health Promotion Specialists:** Barbara Cox, Christina Hill, Kris Lowman, Kathleen Voelker

Class Location Key:

Area A: Bldg 262/266 - HQ AFMC, Near Gate 12A
Bldg 10 – 88 ABW HQ, Corner of Pearson & Wright
Area B: Bldg 50 – Education & Training, Corner of Fifth & G
Bldg 571 – Wright Field Fitness Center, C Street

***Schedule is subject to change – please check our online calendar at www.AFMCWellness.com for most up-to-date listing!



**BOD POD TESTING FOR
CIVILIANS –
BODY FAT MEASUREMENTS NOW
AVAILABLE**

For initial measurement, complete **“Benefits of Exercise”**

26 APR / 1130-1230 / Bldg 571 Rm #4
29 MAY / 1130-1230 / Bldg 266 Rm #N132 A6/7 C/R
29 MAY / 3-4pm / Bldg 571 Rm #4
25 JUN / 1130-1230 / Bldg 571 Rm #4

According to the U.S. Dept. HHS, millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. This class will explain the general benefits and types of regular activity, provide guidelines on starting an exercise program, and discuss lifestyle changes.

For 6 month re-test, complete **“Eating Well in a Busy World”**

29 APR / 1130-1230 / Bldg 571 Rm #4
30 MAY / 1130-1230 / Bldg 262 #C113 Barnhart C/R
30 MAY / 3-4pm / Bldg 571 Rm #4
24 JUN / 1130-1230 / Bldg 571 Rm #4

To keep up in today's busy world, people are becoming master multi-taskers. But how do we keep up with our daily nutritional needs? This class will take you back to basics with the 5 food groups and everyday nutrition tips to help you eat well & maintain good health with your active life.

BOD POD measurements are available every Monday from 0730-1530. The BOD POD machine is located at Bldg 571(B) Wright Field Fitness Center, Room #146 (across from CHPS office).



**APRIL HEALTH FOCUS
– Stress Awareness Month**

Fitness & Aging

03 APR / 1130-1230 / Bldg 262 Rm #B104 Buckeye C/R
16 APR / 1130-1230 / Bldg 10 Rm #228 Morris C/R
22 APR / 1130-1230 / Bldg 571 Rm #4

You may think this class is for the over 50 crowd. But did you know we start showing signs of fitness declines in our 30s? Life is full of changes and surprises, but no matter where you are in life one constant should be fitness and exercise. Fitness can be our ultimate anti-aging solution – allowing us to maintain independence and have a better quality of life as we age. Attend this class to gain control over how much aging affects you, your body, and your brain.

Sleep Your Way to Better Health

09 APR / 1130-1230 / Bldg 10 Rm #228 Morris C/R
15 APR / 1130-1230 / Bldg 571 Rm #4

Dozens of studies show sleep being just as important in maintaining good health as diet and exercise. A study in the journal *Sleep* (2007), showed that our work-driven culture is keeping us from getting the rest we need. Getting good quality sleep on a consistent basis can improve our memory and productivity, help us shed unwanted pounds, and stave off obesity, heart disease, and diabetes. Join CHPS to learn how to get your best night of sleep, every night.

Stress Management Series

10, 17, and 24 APR / 1130-1230 / Bldg 266 Rm #N132 (A6/7 C/R)
11, 18, and 25 APR / 1130-1230 / Bldg 50 Rm #13
07, 14, and 21 MAY / 1130-1230 / Bldg 10 Rm #228 Morris C/R
Stress is a normal part of life. It can push us to do our best or be very overwhelming. This series will help you identify your stressors, effects on the body under stress, coping mechanisms, relaxation techniques, nutrition & exercise, and time management. Attend this series and learn to be more resilient.



**MAY HEALTH
FOCUS
– National Fitness
Month**

Walk Your Way to Better Health

01 MAY / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R
02 MAY / 1130-1230 / Bldg 10 Rm #228 Morris C/R
20 MAY / 1130-1230 / Bldg 571 Rm #4

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, and it's good for your overall feeling of well-being! There are lots of benefits of regular walking. This class teaches techniques, equipment, and setting goals for a healthy walk.

Allergy & Asthma Care

03 MAY / 1130-1230 / Bldg 571 Rm #4

08 MAY / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

23 MAY / 1130-1230 / Bldg 10 Rm #228 Morris C/R

Asthma & allergies often go hand-in-hand. Asthma is one of our nation's most chronic health conditions. Many substances can aggravate allergies or increase the severity of asthma symptoms in individuals who are sensitive to these allergens or irritants. Let CHPS help you survive the seasons by providing information and preventive strategies on asthma, allergies and some of the most common seasonal and non-seasonal allergens and asthma irritants.

Diabetes

06 MAY / 1130-1230 / Bldg 571 Rm #4

04 JUN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

14 JUN / 1130-1230 / Bldg 571 Rm #4

Research reveals that a number of vital tasks carried out during sleep help us maintain good health and enable us to function at our best. We need sleep to think clearly, react quickly, and create memories. A lack of sleep may even cause mood problems. Did you know that chronic lack of sleep can increase our risk for gaining weight and a laundry list of other conditions? Join CHPS and learn how to get your best night of sleep, every night.

Healthy Eating on Vacation

09 MAY / 1130-1230 / Bldg 10 Rm #228 Morris C/R

13 MAY / 1130-1230 / Bldg 571 Rm #4

23 MAY / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, and it's good for your overall feeling of wellbeing! There are lots of benefits of regular walking. This class teaches techniques, equipment, and setting goals for a healthy walk.

High Blood Pressure

10 MAY / 1130-1230 / Bldg 571 Rm #4

26 JUN / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

According to the CDC, about 1 in 3 U.S. adults has high blood pressure, or hypertension. It is a major risk factor for stroke, the third leading cause of death in the U.S. Come learn about the risks, treatments and preventions of hypertension. *Have your pressure checked before and/or after class.*

Cholesterol Education

16 MAY / 1130-1230 / Bldg 571 Rm #4

18 JUN / 1130-1230 / Bldg 571 Rm #4

Approximately one in every six adults has high blood cholesterol according to the Centers for Disease Control. Anyone, including children, can develop high cholesterol. It greatly increases the risk for heart disease, which is the leading cause of death in the United States. Lowering cholesterol levels that are too high reduces our risk of developing heart disease. Come find out what high cholesterol is and what you can do to improve or control your numbers.

CHPS Orientation

24 MAY / 1130-1230 / Bldg 571 Rm #4

28 JUN / 1130-1230 / Bldg 571 Rm #4

This class introduces the Civilian Health Promotion Services to all civilians new to the base. We discuss the program goals, services and health education that CHPS can provide to you and your group.



JUNE HEALTH FOCUS – Safety Awareness Month

Self-Care 101 & Adult Vaccinations

03 JUN / 1130-1230 / Bldg 571 Rm #4

10 JUN / 3-4pm / Bldg 571 Rm #4

Many of us have so many responsibilities in life that we forget to take care of ourselves. However, our personal health maintenance is a key factor in being able to keep up strength, resolve and motivation. Join CHPS as we explore self-care and vaccinations.

What is Health?

05 JUN / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

20 JUN / 1130-1230 / Bldg 50 Rm #013

Learn about the four dimensions of wellness (spiritual, emotional, social, and physical). This class focuses on how to avoid and combat barriers to good health, as well as new ways of achieving your own personal optimal health, because after all no one knows more about you than you.

Oral Health & Your Wellness

06 JUN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

27 JUN / 1130-1230 / Bldg 50 Rm #013

Did you know that having healthy teeth and gums can keep your heart healthy? CHPS Oral Health and Wellness course discusses the key points to good oral health and how your oral health and your wellness are related. We will also discuss common oral diseases and how to prevent them as well as nutrition and your oral health.

Essentials of Back Care

07 JUN / 1130-1230 / Bldg 571 Rm #4

12 JUN / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

18 JUN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

Why is back care and back pain important to discuss? Back pain is the 2nd most common neurological ailment in the U.S next to headaches. It is also one of our society's most common health concerns, costing employers billions of dollars annually and costing employees hundreds of millions of dollars in doctor's visits and other related healthcare costs. Our "Essentials of Back Care" briefing to learn about the common types of back pain, how we can treat it, and learn how to prevent future problems.

Men's Health

11 JUN / 1130-1230 / Bldg 10 Rm #228 Morris C/R

13 JUN / 1130-1230 / Bldg 50 Rm #013

20 JUN / 1130-1230 / Bldg 262 Rm #C113 Barnhart C/R

Men's health often takes a back seat to women in terms of prevention and early detection. This class will help to increase awareness of preventable health problems and encourage early detection and treatment of disease among men. Women are encouraged to attend and learn helpful health information for the men in their lives.

Injury Prevention

17 JUN / 1130-1230 / Bldg 571 Rm #4

25 JUN / 1130-1230 / Bldg 10 #228 Morris C/R

The National Safety Council reports that 72,600 deaths that take place in homes and in the community from unintentional injuries. This class will cover the most common types of injury including, falls, poisonings, sports injuries, drowning and many more incidents that we never intended to happen.

CARDIAC RISK PROFILE & BLOOD PRESSURE SCREENINGS

Remember, all DoD Civilians can have a cardiac risk profile (cholesterol, blood sugar, blood pressure, body mass index) completed once per fiscal year. Please fast 8-12 hours and drink 8 ounces of water before screening. If we haven't been to your office location, please call us to schedule this **FREE SERVICE** today. **Blood Pressure readings are available at all screenings for all individuals.**

Every Monday and Friday / 0700-1000 / CHPS Office

APR 2013

02 APR / 0800-0930 / Bldg 16 AFLCMC/PZIE C/R

03 APR / 0800-1030 / Bldg 840 711 HPW Atrium

04 APR / 0930-1130 / Bldg 4012 445AW Main C/R

09 APR / 0800-1030 / Bldg 14 AFLCMC HQ #006

10 APR / 0800-1100 / Bldg 262 HQ AFMC Food Court

16 APR / 0800-1030 / Bldg 10 88 ABW HQ Wing C/R

16 APR / 1100-1300 / Jarvis Gym Lobby

17 APR / 0800-1000 / Bldg 65 AFRL/RQ #302N

18 APR / 0800-1100 / Bldg 16 Food Court

23 APR / 0800-1100 / Bldg 1 88 Comptr SQ & MSG Lobby

24 APR / 0700-1000 / Dodge Gym Lobby

24 APR / 1100-1300 / Bldg 262 HQ AFMC Food Court *BP ONLY

25 APR / 1030-1300 / Wright Field Fitness Center Lobby *BP ONLY

MAY 2013

08 MAY / 0800-1100 / Bldg 262 HQ AFMC Food Court

09 MAY / 0800-1030 / Bldg 1 88 CPTS C/R TBD

14 MAY / 0700-1000 / Jarvis Gym Lobby

14 MAY / 1030-1300 / Wright Field Fitness Center Lobby

15 MAY / 0800-1100 / Bldg 2 #262 Military Pers C/R

16 MAY / 1100-1300 / Bldg 16 Food Court

22 MAY / 1100-1300 / Bldg 262 HQ AFMC Food Court *BP ONLY

28 MAY / 1030-1300 / Dodge Gym Lobby

31 MAY / 1100-1300 / Bldg 16 Food Court *BP ONLY

31 MAY / 1100-1300 / Bldg 209 Subway Food Court Hallway

JUN 2013

05 JUN / 0800-1030 / Bldg 15 AFRL HQ TBD

12 JUN / 0800-1100 / Bldg 262 HQ AFMC Food Court

13 JUN / 1030-1300 / Jarvis Gym Lobby

18 JUN / 0700-1000 / Dodge Gym Lobby

20 JUN / 0800-1100 / Bldg 16 Food Court

26 JUN / 1100-1300 / Bldg 262 HQ AFMC Food Court *BP ONLY

27 JUN / 0700-1300 / Wright Field Fitness Center Lobby



FY13 AFMC Incentive Program

www.AFMCWellness.com

Appropriated DoD Civilian Employees

- **Wellness Profile:** Take your Health Risk Assessment (HRA) between OCT 2012-SEPT 2013. An automated annual reminder email will be sent to you when it's time to take your HRA again.
- **Cardiac Risk Profile:** Appropriated DoD civilian employees may receive a CRP annually. Check the calendar for times and locations.
- **Health Education Programs:** Attend one of the following Health Education Classes: What is Health?, Benefits of Exercise, Stress Management, Nutrition Labels, Supermarket Shopping, Men's Health, Women's Health, Cholesterol Education, Allergies, CHPS Orientation. Check the calendar for classes!
- **Logging exercise in the Activity Log:** To obtain an incentive award participants must log Physical Activity under Personal Logs.

Active Duty Members

- **Wellness Profile:** Take your Health Risk Assessment (HRA) between OCT 2012-SEPT 2013. An automated annual reminder email will be sent to you when it's time to take your HRA again.
- **Cardiac Risk Profile:** Active Duty members may present a lipid profile to the CHPS staff for the incentive award program.
- **Health Education Programs:** Attend one of the following Health Education Classes: What is Health?, Benefits of Exercise, Stress Management, Nutrition Labels, Supermarket Shopping, Men's Health, Women's Health, Cholesterol Education, Allergies, CHPS Orientation. Check the calendar for classes!
- **Logging exercise in the Activity Log:** To obtain an incentive award participants must log Physical Activity under Personal Logs.

Please contact Civilian Health Promotion Services if you would like any of these screenings and/or classes offered at your work location.

Katie Doyle, MS, CWWS
Health Promotion Coordinator
937-904-9673

Katie.doyle.ctr@wpafb.af.mil